



# FULTON FAMILY YMCA

## WATER FITNESS

### JULY 2019 POOL SCHEDULE

#### MONDAY

5:30am-9:00am Adult Swim  
 9:00am-10:00am **Active Aqua Fit** w/Jen Brown  
 10:00am-10:45am Day Camp 1  
 11:00am-11:45am Day Camp 2  
 12:00pm-1:00pm **Water Walking**  
 1:00pm-1:45pm Day Camp 3  
 2:00pm-2:45pm Day Camp 4  
 4:00pm-5:00pm Adult Swim  
 5:00pm-7:00pm Open Swim  
 7:00pm-8:00pm **Aqua Aerobics** w/Sherry Eichmann

#### THURSDAY

5:30am-8:00am Adult Swim  
 8:00am-9:30am Open Swim  
 9:30am-10:15am Day Camp 1  
 10:30am-11:15am Day Camp 2  
 11:30am-1:00pm **Arthritic Swim** w/Norm Hickox  
 1:00pm-1:45pm Day Camp 3  
 2:00pm-2:45pm Day Camp 4  
 4:00pm- 5:00pm Open Swim  
 5:00pm-6:30pm \$ Swim Lessons  
 6:30pm-7:30pm **Aqua Zumba** w/Sarah Hanusch  
 7:30pm-8:00pm Open Swim

#### TUESDAY

5:30am-8:00am Adult Swim  
 8:00am-9:30am Open Swim  
 9:30am-10:15am Day Camp 1  
 10:30am-11:15am Day Camp 2  
 11:30am-1:00pm **Arthritic Swim** w/Norm Hickox  
 1:00pm-1:45pm Day Camp 3  
 2:00pm-2:45pm Day Camp 4  
 4:00pm-6:30pm Open Swim  
 6:30pm-7:30pm **Aqua Zumba** w/Sarah Hanusch  
 7:30pm-8:00pm Open Swim

#### FRIDAY

5:30am-9:00am Adult Swim  
 9:00am-10:00am **Active Aqua Fit** w/Pat Gonyea  
 10:00am-10:45am Day Camp 1  
 11:00am-11:45am Day Camp 2  
 11:45am-1:00pm Open Swim  
 1:00pm-1:45pm Day Camp 3  
 2:00pm-2:45pm Day Camp 4  
 4:00pm-5:00pm Adult Swim  
 5:00pm-6:30pm Open Swim

#### WEDNESDAY

5:30am-9:00am Adult Swim  
 9:00am-10:00am **Active Aqua Fit** w/Jen Brown  
 10:00am-10:45am Day Camp 1  
 11:00am-11:45am Day Camp 2  
 12:00pm-1:00pm **Water Walking**  
 1:00pm-1:45pm Day Camp 3  
 2:00pm-2:45pm Day Camp 4  
 4:00pm-5:00pm Adult Swim  
 5:00pm-7:00pm Open Swim  
 7:00pm-8:00pm **Aqua Aerobics** w/Sherry Eichmann

#### SATURDAY

7:00am-8:15am Adult Swim  
 8:15am-9:15am **Aqua Fit, Movin' to the Beat!**  
 w/Mike Scaries  
 9:15am-12:00pm \$ Swim Lessons  
 12:00pm-1:00pm \$ **Pool Rental/ Open Swim**  
 1:00pm-2:30pm Open Swim

#### SUNDAY

9:00am-10:00am Adult Swim  
 10:00am-11:30pm Family/Open Swim



\*\* PUNCH CARD 12 CLASSES FOR \$65.00

\$ FEE BASED PROGRAMS—PREREGISTRATION REQUIRED \* SEE REVERSE SIDE FOR DETAILS

FULTON FAMILY YMCA 715 W Broadway Fulton NY 13069 315-598-9622 [www.fultonymca.com](http://www.fultonymca.com)

## INTENSITY LEVELS:

▲ Low Intensity

■ Low/Medium

◆ Medium/High

● High

Some classes can be adjusted to a lower intensity.

\*\*PUNCH CARD CLASSES

\$ PAID PROGRAM-PREREGISTER

▲ **Arthritic Swim:** Exercises include walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle.

**Water Walking:** Instructors lead the class through a light-intensity cardio workout that consists of walking around in the water. Movements are forward, backward, and side-to-side. Different types and styles of walking movements are preformed such as forward, backward, and side-to-side.

■ **Active Aqua Fit:** Active Aqua Fit utilizes the physical properties of water to enhance agility, range of motion, and cardiovascular conditioning. This class is designed for all active older adults or those who wish to start being active. It will help enhance each Individual's quality of life and daily function.

◆ **Aqua Zumba:** Classes vary each week. Your instructor will incorporate several world dance styles such as merengue, salsa, reggae, mambo, rumba, flamenco, calypso and salsa into the water fitness class. Through dance, you get a warm-up, great cardio workout and cool down in the pool.

**Aqua Aerobics:** Water Aerobics combines a variety of techniques from land aerobics. Walking or running with the addition of Aquatics strength training equipment provide a superior resistance workout. Water reduces the risk of muscle or joint pain while toning muscles. Participants can choose the level of their workout with the help of the instructor.

## YOUTH SWIM LESSONS

Registration is required. See the front desk for registration dates and class times. Sessions run for 7 weeks. \$20 per session with a Fulton Family YMCA Family Membership, \$30 per session with a Fulton Family YMCA Youth Memberships, \$50 per session for Non-Members.

### Parents and Child (6 months-2 years old)

Parent attends with child. Parent and Child water exploration for toddlers.

### Preschool (3-5 years old)

Introduction to the pool for preschoolers. Learn basic swimming skills while gaining confidence in the water.

### Level 1 (Bases on skill level)

Beginning to swim on their own with assistance. Build skills and confidence in the water, learning new strokes.

### Level 2 (Very comfortable in the water has, passed level 1)

For swimmers that are acclimated to the water, want to try new skills with encouragements, can float on stomach/back and put their face in the water. Perfecting swimming stroke techniques and skills



## POOL FACTS

- ◆ Coast Guard approved PFD's must be worn by all non-swimmers and children under 4ft tall. Any child who cannot swim must have an adult in the water with them.
- ◆ Appropriate swimwear only, no cut off jeans/pants.
- ◆ Thunder & Lightning - The pool will close and will reopen 30 minutes after it has passed.
- ◆ Pool temperature is 87 degrees
- ◆ \*Pool Rental-When pool parties are not booked this time slot is open swim. Please call for availability.
- ◆ \* SACC- The YMCA School Age Children will be using the pool during the designated time slots when Fulton City Schools are closed.